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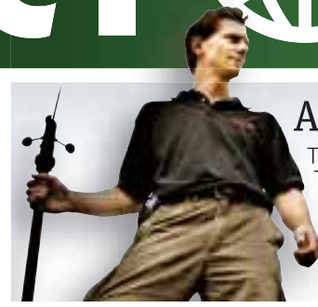
NEWS WORTH SHARING.

Cup reception runneth over

Organizers of November's Grey Cup game say tickets are officially sold out PAGE 3

The Colonel has left the building

KFC's new upmarket location drops famed mascot PAGE 8



ALL HAIL!

THINK YOU'VE GOT WHAT IT TAKES TO KEEP UP WITH A TORNADO? ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS PAGE 4

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David Johnston, a.k.a. Chalkmaster Dave, shows off his creation at the Regina campus of the First Nations University of Canada on Wednesday. The Toronto street artist's road trip across the country began as a quest to make a film documentary about his work, but has since morphed into a visual book project. ALYSSA MCDONALD/METRO

Chalk it up to talent

He walks the walk with chalk in hand. Chalkmaster Dave's pavement creation in front of FNUC campus inspired by 'education is our buffalo' theme

ALYSSA MCDONALD
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Drawing with chalk on a sidewalk is a popular pastime for many children, but it's a lasting passion and art form for David Johnston.

The Toronto artist — known across Canada as Chalkmaster Dave — is travelling across the country and made a stop in Saskatchewan on Wednesday at the First Nations University of Canada (FNUC).

"I'm just going to keep going — do as many cities as I can before the season is all done," said Johnston, who has been creating chalk art around the world for the past 22 years.

After a nine-foot-long 3D lobster on a sidewalk in Halifax, a 3D "pit of doom" in Vancouver and classical and superhero art in Calgary — including the city's mayor, Naheed Nenshi, as "Super Nenshi" in a Superman outfit — Chalkmaster Dave made his way to Saskatchewan.

He hadn't intended to make the trip through the Prairie province until he was invited by FNUC to create a mural in front of its Regina campus.

Before beginning the mural, Johnston met with First Nations elders. He was inspired by the theme "education is our buffalo," and created a mural of a white buffalo along with the 3D words "First Nations University."

"I've been making it up as I go," said Johnston, while using chalk, paintbrushes and string to produce his pavement creation.

"The fact that the buffalo is going into a smoky-misty thing is kind of appropriate — it's kind of trippy."

His road trip across the nation began as a quest to make a film documentary, which he calls a "chalkumentary," about his work. However, it has since morphed into more of a visual book project.

"I started busking all along the way and people give 100 bucks here and 100 bucks there, (which) helps you go to the next place," Johnston said of his impromptu chalk creations.

"It's basically about experience. It's not a money goal."

Johnston's next destination is Winnipeg.

One chalk stick at a time

"Basically, all I want to do is kind of share, grow, learn, inspire — be a part of the whole system."

Artist David Johnston

Kids' lunch tainted with insecticide

Twenty-two students in India are dead after eating a free school meal that was contaminated PAGE 7

Fifty shades of gore

The owner of a website that posted a video purporting to show Montreal student Jun Lin's murder is charged with 'corrupting morals' PAGE 6

More than a Tough Cookie

Samantha Savage Smith says her sound has grown since her 2011 debut album, and fans will get a taste of it at her show in Regina Friday PAGE 10

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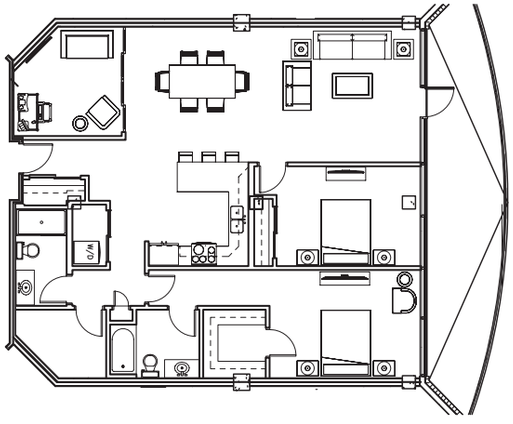

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Growing problem

Housing policies, incentives back on city agenda

Ways to crack down on Regina's ever-widening housing problem were back on the agenda at the city's executive committee meeting on Wednesday.

Councillors voted unanimously to add several revisions to the city's housing incentives policy, which Mayor Michael Fougere said will help make downtown a more attractive place to build below-market homes.

"It's the first time we have ever had capital investment in downtown — usually, it's through tax incentives," said Fougere. "This is another tool to provide more incentive for developers to do this downtown."

The plan, which will go to another vote at a July 29 council meeting, involves a capital contribution hike from $10,000 to $15,000 per unit from the city's social development reserve. Incentives will be 25 per cent of total property tax.

"We want to have a mix of below-market housing, affordable housing and market housing downtown, and this is a way to make sure this happens," Fougere explained.

The city appears to be going in the right direction to create housing. The latest Canada Mortgage and Housing Corp. numbers indicate Regina has a 1.9 per cent vacancy rate, up from the previous 0.6 per cent.

Councillors Barbara Young, Bob Hawkins and Bryon Burnett were nominated by Fougere to sit for one term on the mayor's housing commission, which will also include representatives of non-profit agencies.

Also approved at the meeting was an interim policy for new water, sewer and stormwater services outside city limits, which include a 75 per cent surcharge and a connection fee until a finalized policy in 2014. As well, the committee approved a purchase of 15 conventional low-floor, accessible transit buses for $7.5 million.

ALYSSA MCDONALD/METRO

Grey Cup game tickets sold out, according to organizing committee

All gone. Organizers sold the last 5,000 tickets of the approximately 45,000 seats through a 101-hour lottery

MARCO VIGLIOTTI
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Tickets for this year's 101st Grey Cup championship game in Regina are officially sold out, the event's festival committee announced on Wednesday.

Organizers of the game, to be played Nov. 24 at Mosaic Stadium, sold the last 5,000 of the approximately 45,000 seats through a 101-hour lottery.

"The response from Saskatchewan Roughrider season ticket holders and CFL fans across the country has been amazing," Saskatchewan Roughriders president and CEO Jim Hopson said in a press release.

"Hosting the 101st Grey Cup Championship Game and Festival gives the province an amazing opportunity to showcase Saskatchewan to the entire nation."

The seating capacity for this year's Grey Cup is significantly lower than it was the last time Regina hosted the championship game in 2003, when more than 50,000 spectators packed the stadium.

Grey Cup Festival executive director Neil Donnelly said organizers have been prevented from matching the seating capacity of the previous Regina Grey Cup games because of suites since added to the stadium. As well, they want to free up more space for those in attendance.

"(The new suites) limited us to some degree on the number of seats we can have," he explained. "(Organizers also made) a conscious decision to not stretch and jam a seat wherever we could."

Though the game has been declared sold out, Donnelly said a small number of tickets might become available closer to November.

"A couple of allotments may come forth. There's always tickets we hold for the team, league, for other purposes, that may not be utilized," he said. "We do expect some smaller numbers to come through, but certainly for all intents and purposes it's sold out."

Grey Cup Festival executive director Neil Donnelly addresses the media on Wednesday, confirming that tickets to November's championship game are sold out. MARCO VIGLIOTTI/METRO

Regina Humane Society overrun with kittens

The Regina Humane Society is dealing with swelling numbers of kittens. MARCO VIGLIOTTI/METRO

The Regina Humane Society is looking for the public's help as it deals with a swelling influx of furry, energetic kittens.

Currently, the Humane Society is housing about 85 kittens at various locations around the city, including its main office, pet stores and foster homes.

While some recent newborns aren't able to leave just yet, many are ready to be adopted immediately.

"These are all sweet, wonderful, cuddly, cute kittens in every size and colour that you could imagine," Lisa Koch, the Humane Society's executive director, said on Wednesday.

"If you thought about getting a pet, the time is now," she added. "We certainly have a tremendous number of animals in need of a forever home."

The number of kittens is abnormally high for this time of the year, Koch explained, noting that such an influx of felines to the organization's facilities is more common in the spring.

She pointed out that a frosty early spring delayed the beginning of "kitten season" — the warmer months when the Humane Society sees a surge of stray cats.

As the Humane Society grapples with housing the kittens, Koch said the solution to the problem is simple: owners must spay or neuter their pets.

"The Humane Society encourages (spaying and neutering) and offers assistance to those who would like to spay or neuter their animals but don't have the resources to do so," she added.

The fee to adopt a cat from the Humane Society is $185, and includes spaying or neutering, vaccinations, a microchip tag and six months of pet insurance. MARCO VIGLIOTTI/METRO

Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series Angry Planet, reveals the secrets to survival in his dream job.

RITA POLIAKOV
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsups, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go.

"No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay $35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- **Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- **Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- **Northern plains:** Dakota, the Canadian Prairies (summer)
- **Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.

RITA POLIAKOV/METRO IN TORONTO

A trusty car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.

head to toe glow

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Owner of gore website charged

Corrupting morals. Edmonton man faces jail time for posting alleged Magnotta video online

ANNALISE KLINGBEIL
Metro in Edmonton

Charges

- Marek, who has no previous police involvement, was charged after his interview Tuesday.
- The maximum penalty for corrupting morals is two years.

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in the spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before … I believe this may be the first time it's ever been laid in Edmonton," said police Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June 2012 and worked to track down the site's owner and operator.

Cops found Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

Marek then fled to Edmonton where authorities asked him via e-mail to come in for an interview.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

Clark described the bestgore website as "shocking" and disturbing.

Facing eviction

Government to support flood evacuees

Dozens of Manitoba flood evacuees who face the prospect of losing their temporary home are being told by government they won't be forgotten.

About 60 First Nations people have been staying at the Misty Lake Lodge in Gimli after flooding in 2011. But the owner plans to close the business next month because he can't afford to keep the doors open. THE CANADIAN PRESS

High-potency drug

Police warn of overdoses from potent heroin

Police in Abbotsford, B.C., are warning of an alarming increase in the number of heroin overdoses, one day after a coroner confirmed Glee actor Cory Monteith died of a toxic mix of heroin and alcohol.

The department says its front-line officers are hearing from people who have raised concerns about the potency of the heroin being bought, sold and used on the street. THE CANADIAN PRESS

Suicide in the ranks

Military adds more names to suicide list

The Canadian military has quietly added two more names to the list of soldiers who killed themselves in 2011.

That brings to 22 the number of soldiers who took their own lives in the same year as the army ended its combat mission in Afghanistan.

The figures are contained in the military's latest report on suicide in its ranks. THE CANADIAN PRESS

Prostitution sting

U.S. debates charging Alberta politician

A U.S. prosecutor says a decision should be made by the end of the week on whether to formally charge an Alberta politician arrested in a prostitution sting.

Mike Allen, member of the legislature for Fort McMurray-Wood Buffalo, was arrested Monday night by police in St. Paul, Minn., where he was attending a conference. THE CANADIAN PRESS

Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defence attorney Craig Weintraub during an arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. He pleaded not guilty to 512 counts of kidnapping and 446 counts of rape, among other crimes. TONY DEJAK/THE ASSOCIATED PRESS

'Emancipation.' Chief throws away status card

One of the country's most outspoken aboriginal leaders says he threw away his status Indian card as an act of emancipation.

Chief Derek Nepinak of the Assembly of Manitoba Chiefs says he threw the card in the garbage at a National Treaty Gathering of rival chiefs in Onion Lake, Sask.

Nepinak says the idea of a status Indian was created through racist policies designed to control aboriginal people.

He says natives must reclaim their identities rather than have government bureaucrats determine who is eligible to belong to an aboriginal community.

Rival meetings

The Assembly of First Nations is holding its annual meeting this week in Whitehorse, Yukon, while Chief Derek Nepinak is currently attending a National Treaty Gathering of rival chiefs in Onion Lake, Sask.

Nepinak told the National Treaty Gathering that the Assembly of First Nations isn't getting the job done when it comes to improving treaties with the federal government. THE CANADIAN PRESS

First Nations. Leaders seek food security

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security for aboriginal people.

The chiefs say the prime minister should put the words of his historic 2008 apology to aboriginal people in action. THE CANADIAN PRESS

Nutritional experiments

A spokeswoman for Aboriginal Affairs Minister Bernard Valcourt has said the current federal government was shocked by the findings.

Hollywood. Reason for riot still unclear: Police

Packs of young people rampaged through Hollywood, knocked people down and stole cellphones and other items before a police sweep halted the marauding and arrested a dozen people, police said Wednesday.

Fifteen to 20 young men and women were "attacking victims and taking property," Lieut. Ray Valois said. "Some people may have been knocked down or punched." No serious injuries were reported.

Cmdr. Andrew Smith said it was believed the youths took advantage of a redeployment of police to Los Angeles' Crenshaw District, where violence had broken out the previous night over the acquittal of Florida neighbourhood-watch volunteer George Zimmerman in the shooting death of an unarmed black teenager, Trayvon Martin.

But it was unclear whether the Hollywood marauders were inspired by the Crenshaw violence. THE ASSOCIATED PRESS

In numbers

15-20

Police say 15 to 20 young men and women attacked victims in Hollywood.

Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

Rasheed said the Taliban did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of her hometown. THE ASSOCIATED PRESS

Same-sex marriage

Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.
THE ASSOCIATED PRESS

Royal birth

England and wails: Queen impatient for baby to arrive

Asked whether she was hoping for a boy or a girl as her third great-grandchild, Queen Elizabeth II said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."
THE ASSOCIATED PRESS

22 kids die in India after eating free school lunch

Dozens sick. Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

"I don't know what happened after that," Savita said in an interview at Patna Medical College Hospital, where she and many other children were recovering.
THE ASSOCIATED PRESS

Headmistress flees

- Authorities suspended an official in charge of the free meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died. AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

‘KFC eleven’ goes boneless, drops colonel

KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

But is it still finger lickin’ good? The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it’s opening a location called “KFC eleven” early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant’s exterior won’t feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven’s opening is a reflection of the challenges facing traditional fast-food chains such as McDonald’s, Burger King and Wendy’s. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

Access to Europe. Porter Airlines inks interline deal with Icelandair

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

“This is Porter’s first interline agreement providing access to Europe,” said Michael Deluce, Porter’s chief commercial officer.

THE CANADIAN PRESS

Two growing airlines

- Icelandair provides service to Iceland from several North American cities and offers connections to more than 20 cities in Scandinavia, Britain and Continental Europe.
- Porter is a regional airline based at Billy Bishop Toronto City Airport.

Market Minute

DOLLAR 96.02¢ US (-0.45¢)

Natural gas: $3.63 (+3¢)
Dow Jones: 15,470.52 (+18.67)

TSX 12,568.77 (+51.88)

OIL $106.48 (+48¢)

GOLD $1,277.50 (-$12.90)

Bank of Canada. New governor keeps rate and expectations unchanged

Stephen Poloz may have brought more candour to the Bank of Canada, but he is following Mark Carney’s lead in maintaining interest rates at super low levels for what is likely to be at least another year.

The central bank issued its first policy announcement and economic outlook under the new leadership on Wednesday, adjusting slightly the expected growth rates, but solidly sticking with the one per cent policy interest rate that’s been in place almost three years.

Some analysts had anticipated Poloz’s first policy announcement would be an opportunity to set a new course from his predecessor, but except for some new, expansive language, there was little sign the men see the world differently. THE CANADIAN PRESS

Stephen Poloz
THE CANADIAN PRESS

EK3 acquisition

Cineplex to grow digital signage

Cineplex Inc. says its digital signage unit will get a good platform for growth in Canada and south of the border through the theatre company’s proposed friendly takeover of EK3 Technologies Inc., announced Wednesday.

EK3 of London, Ont., has operations in 32 U.S. states, as well as Canada and other countries, that provides in-store digital advertising signs. Its clients include Tim Hortons, McDonalds, Walmart, Target, the RBC and BMO.

THE CANADIAN PRESS

Company involved in Quebec derailment lays off workers

An engineer checks the engine of a Montreal Maine and Atlantic locomotive outside the offices of MMA railway in the town of Farnham, Que., on July 11. The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province. A union representing employees at the Montreal, Maine and Atlantic Railway says the company has laid off 19 of its 75 workers in Quebec. GRAHAM HUGHES/THE CANADIAN PRESS

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STUPID SUMMER AND ITS HEAT

HE SAYS

John Mazerolle
metronews.ca

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am specially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

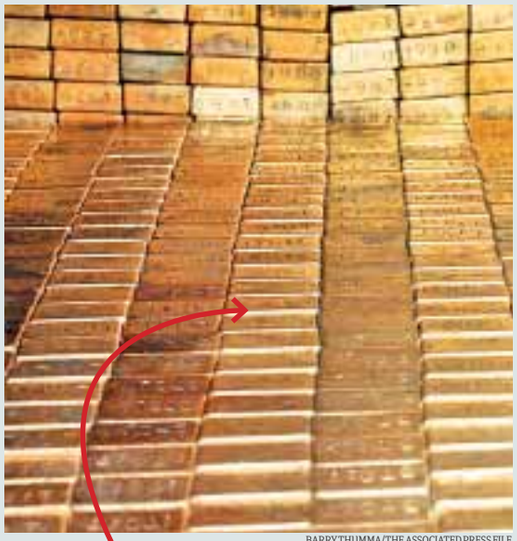
Cold comfort: Beating the heat and staying healthy during the summer

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity Sidney Crosby does during every single stoppage in play.
- Be warned that breathable clothing is surprisingly difficult to inhale.
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful. Or perhaps they left you cold. If so, you're welcome.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars.
The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles.
The burst lasted only a fraction of a second.
Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days.
Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

BRYN LENNON/GETTY IMAGES

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/$2.99)

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image. **Danielle Goyetche posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

Get a double dose of Savage Smith

Music. With lots of links to the local music scene, Samantha Savage Smith brings her indie-pop sound in full force this Friday

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Samantha Savage Smith is playing double-duty on most of the shows on her Westcoast tour, including her Friday night performance in Regina.

The Calgary-based indie-pop singer will be rocking out on the guitar with opening band Lab Coast before taking the stage with her backup band to show off songs from her new upcoming album.

"We share the same band and they are releasing an album and I am soon to be releasing an album, so I am trying to promote that," Smith told Metro over the phone from Calgary.

Since members of her band play in Lab Coast and they were in need of a guitarist, Smith joined their new wave sound last year, which gives her the chance to just focus on playing and leave the writing up to David Laing and Chris Dadge.

Quote

"Generally in Calgary we are all in each other's bands and are kind of incestuous that way."

Samantha Savage Smith
Talking about the Calgary music scene

Samantha Savage Smith, playing here at a free concert last year, is bringing her indie-pop sound to Regina on Friday night. FLICKR/JMACPHERSON

"I'm just part of the backing band ... I just play the instruments," said Smith, adding that even before joining, they were one of her favourite Calgary bands.

"Generally in Calgary we are all in each other's bands and are kind of incestuous that way."

Smith has been focusing on writing the followup to her debut album Tough Cookie, which was released in 2011.

She says fans on Friday will get to hear songs from her new album, which is almost near completion and should be released later this year.

"I would say it's different — I mean the songs are just a little more poppy," Smith said about the new album.

"It's pretty upbeat, generally, compared to the other ones — not as moody."

Smith says her sound has grown since her debut album, and although fans will hear her distinctive bluesy, indie-pop sound, elements of her songs have changed.

"Now I have just been doing it longer. ... I've progressed a little bit in how I write songs," said Smith. "And I guess there are just a little bit more complex."

Since Smith has been focusing on getting her next album out, and has been laying low — other than a couple of shows in London during a stint touring the U.K. with Lab Coast in May and a set at a Calgary Flood Relief fundraiser.

Both Smith and Lab Coast were originally set up to perform at Calgary indie music festival Sled Island — which was eventually cancelled due to the floods at the end of June — but says she was able "to play one show before (they) were all evacuated."

Smith will travel — playing most shows with Lab Coast — to Saskatoon, Edmonton, Vancouver and Revelstoke after hitting up Regina.

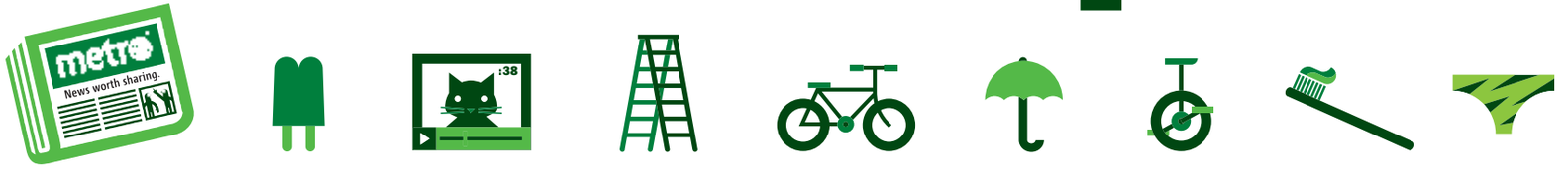
"I've been really looking forward to getting on the road and playing some more shows out of town again — it's been a while," said Smith.

"The last time I was in Regina was last year so I am definitely excited to see everyone again."

Lab Coast will take the stage first on Friday night at O'Hanlon's Irish Pub with their "dreamy, surf pop songs," followed by Smith, who will take the stage with her new music.

"It's good summer music," said Smith. "It's going to be a night of sweet music that you can dance to."

Sharability



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

Justin Timberlake dusts off his Suit & Tie for the VMAs

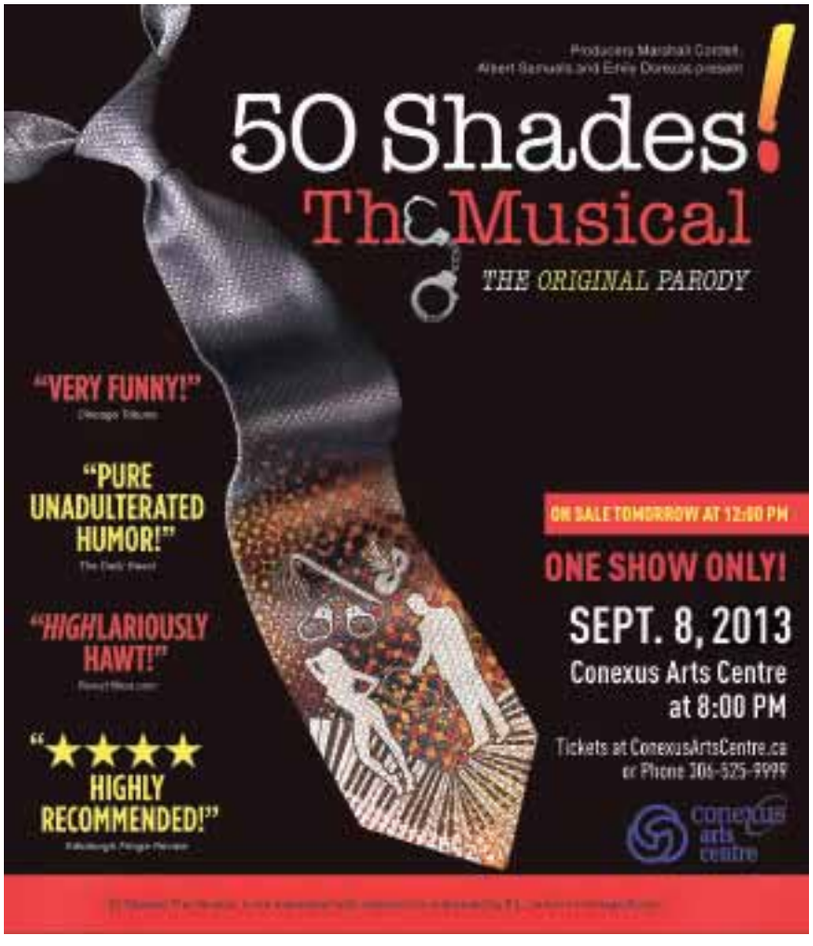
Nominations. Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's Mirrors, Macklemore & Ryan Lewis' Thrift Shop and Mars' Locked Out of Heaven will battle Robin Thicke's Blurred Lines and Taylor Swift's I Knew You Were Trouble for video of the year. Timberlake's Mirrors and Suit & Tie are up for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS

Watch it

- **Airing live.** The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.



Indigo bestsellers NOW 40% OFF*

Our Top 20 are NOW 40% off. In-store. Every day.

1. THE OCEAN AT THE END OF THE LANE Neil Gaiman

A moving story of memory, magic and survival from the masterful Neil Gaiman. The Ocean at the End of the Lane is told with a rare understanding of all that makes us human and shows the power of stories to reveal and shelter us from darkness, inside and out.

Last Week: 1 / Weeks on List: 5

2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's Inferno.

Last Week: 2 / Weeks on List: 8

This Week		Last Week	Weeks on List
3.	THE EYE OF GOD James Rollins	3	4
★ 4.	THE SECRET KEEPER Kate Morton	-	1
★ 5.	THE ENGLISH GIRL Daniel Silva	-	1
★ 6.	FIRST SIGHT Danielle Steel	-	1
7.	SILVER STAR Jeannette Walls	7	6
8.	THE FIRE WITNESS Lars Kepler	8	6
9.	BEAUTIFUL DAY Elin Hilderbrand	9	4
10.	ZERO HOUR Clive Cussler	10	8
11.	THE SECRET RACE Tyler Hamilton	11	5
12.	SECOND HONEYMOON James Patterson	6	3
13.	THE KILL ROOM Jeffery Deaver	13	7
14.	REVENGE WEARS PRADA Lauren Weisberger	5	7
15.	TRANSATLANTIC Colum McCann	15	7
16.	WILD Cheryl Strayed	16	16
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	13
18.	FLIGHT OF THE EAGLE Conrad Black	12	9
19.	BEST KEPT SECRET Jeffrey Archer	19	12
20.	THE GREAT DEGENERATION Niall Ferguson	4	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd

★ New this week

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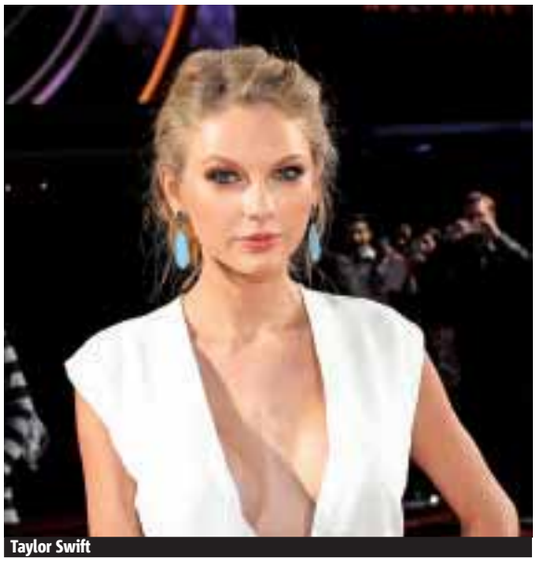


Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.

Kate Middleton and Prince William

The Queen's first cousin not as excited as most about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin, tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cranston says he very nearly had a dark Walter moment

MELISSA TUBB
Metro World News in New York City

Playing a character like Walter White on Breaking Bad means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who was stalking him.

"My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself."
Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.

Johnny Depp ALL IMAGES GETTY

Have you Heard who had a day out with Depp's kids?

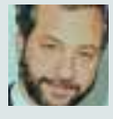
Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on a trip to Tokyo to promote The Lone Ranger, according to Us Weekly. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

Emma Roberts

Roberts working to move past 'unfortunate incident'

Emma Roberts was arrested in her Montreal hotel room earlier this month after an argument with boyfriend Evan Peters reportedly left Peters with a bloody nose and bite marks on his skin, according to TMZ. Peters declined to press charges, and Roberts was promptly released. Sources say she "seemed fine" a few days later. The actors' reps released a joint statement, saying, "It was an unfortunate incident and misunderstanding. Ms. Roberts was released after questioning and the couple are working together to move past it."

Twitter



@JuddApatow
Stress is a great funk remover.

@AlbertBrooks
Maybe I'm old fashioned but putting the Boston bomber on the cover or Rolling Stone is a terrible idea.

@Sethrogen
You know what's awesome about falling off your bike and breaking your elbow? Not a f—in' thing.

Resort to shopping in this time of transition

Clothed in confusion?
Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN GILBERT
Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."

ROKSANDA ILINCIC

Transitional collections such as the ones pictured (all resort 2014) are growing in importance.

Chanel

JW Anderson

The cheat sheet

The fashion calendar
In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

Women's ready to wear (RTW)
These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

Resort
Also known as cruise or pre-collections, designers show these commercially orientated lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

Couture
Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

Men's RTW
One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a $300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours
Servings: 4

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

Sweet Raspberry Leather

The finished product is a versatile, tasty treat. AP PHOTO

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way. THE ASSOCIATED PRESS

For your phone

Annabel's essential guide to feeding your baby

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad
Price: $5.99
Annabel Karmel's cookbook for mothers combines 200 step-by-step recipes with a weekly planner and instructional video guide. Organized by age, there's nutritional purées for babies and soft pastas for toddlers.

There's fibre and fun in these Choco-Banana bread bites

Choco-Banana Bread Bites. NEWS CANADA

Choco-Banana Bread Bites gives you two grams of fibre per serving and baking is a terrific activity to engage the whole family — everyone has a role and can enjoy the finished product.

Prep time: 15 minutes; Baking time: 15 minutes
Makes: about 36 cookies
Serving size: 2 cookies

Ingredients

- 3/4 cup (175 ml) Carnation Fat-Free Evaporated Milk
- 2 tbsp (30 ml) vinegar
- 1 cup (250 ml) ripe mashed bananas (2-3 medium)
- 1 banana, sliced (1/4 inch/5 mm) and quartered (about 2/3 cup/150 ml)
- 1 tsp (5 ml) baking soda
- 1 egg
- 3/4 cup (175 ml) packed brown sugar
- 1/4 cup (50 ml) Crisco canola or vegetable oil
- 1 tsp (5 ml) pure vanilla extract
- 2 ½ cups (625 ml) Robin Hood Nutri Flour Blend Tastes Like White
- 1 tsp (5 ml) baking powder
- 1/3 cup (75 ml) semi-sweet chocolate chips (optional)
- 36 banana chips (optional)

1. Preheat oven to 350 F (180 C). Line baking sheets with parchment paper.

2. Combine evaporated milk and vinegar in a medium bowl. Stir well (mixture will thicken). Add bananas and baking soda to the evaporated milk mixture. Whisk egg, brown sugar, oil and vanilla in a separate large bowl. Stir in flour and baking powder.

3. Add banana mixture and stir until mixture is well combined. Add chocolate chips if using. Drop 2 tbsp (30 ml) dough on prepared baking sheets, about 2 inches (5 cm) apart. Place banana chip on top of each cookie. Bake in preheated oven 13 to 15 minutes until the edges are lightly browned.

4. Cool cookies on baking sheets for 5 minutes. Transfer cookies to cooling rack. Store cookies loosely covered or in the freezer. NEWS CANADA

Blackberry Smash Pink Lemonade Pops. Very cool hydration stations

Are you looking for a fun way to stay hydrated? To add some variety to your freezer this summer, Minute Maid has partnered with the Canadian Living Test Kitchen to whip up this frozen pop.

1. Place blackberries in large bowl and smash with wooden spoon. Add frozen lemonade concentrate, water and mixed berry blend. Pour into popsicle molds leaving half a centimetre of room at the top for expansion. Freeze until hard.

Ingredients

- 3/4 cup fresh blackberries
- 1 can frozen Minute Maid pink lemonade concentrate
- 1 ¼ cups water
- 1 200 ml tetra box Minute Maid mixed berry 100% juice
- 16 pops with ¼ cup capacity molds

NEWS CANADA/MINUTE MAID

The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost. At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones. The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD payer will allow quiet time before turning out the lights in the guest room.

Buy a good mattress so your guest can have a luxurious night's sleep. A double bed will do if space is a concern. ISTOCK IMAGES

Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, $40, URBANOUTFITTERS.COM

Tight and tidy espresso makers offer a morning sip before leaving the room. NESPRESSO U C50, $199, NESPRESSO.COM

Neutral-coloured cotton towels. WHOLE HOME HOTEL COLLECTION, FROM $12, SEARS.CA

An area rug helps to muffle sound and create a quiet environment. TARNBY NATURAL RUG, $149 FOR 6'X8', IKEA.COM

Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY

Lane Way Homes in Harbour Landing *Prices Starting at* *$354,044*

The Aries

1418 sq.ft.
5318 Whereatt Road
$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

1377 sq.ft.
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$386,377

The Pavo

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Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

CREATE THE PERFECT HOME

CONTRIBUTED

What if you could choose the perfect home for you, then choose the perfect location to match?

That opportunity is what Wolferidge Rural Program, a local Regina builder, is offering. Buyers can choose their location from a variety of pre-approved neighbourhoods throughout southern Saskatchewan where the Wolferidge Rural Program homes have been placed.

Unlike homes at most housing developments, each home in the Wolferidge Rural Program is CSA approved pre-built ready to move, so buyers can move in immediately, says Jaimey Midtdal, spokesperson for the Red Door Venture Group, marketing company for the Wolferidge Rural Program.

"Buyers of other developments often have to wait for more than a year for their new home to be completed, but we wanted to do something different for our customers," Midtdal says. "We wanted customers to be able to get excited about their new home purchase — and then actually get to live there."

The Wolferidge Rural Program's recently launched collection of four homes is now available: Athabasca, Greenwater, Blackstrap, and Cypress.

These four practical floor plans range in size from 1,000 square feet to 1,300 square feet and feature two or three bedrooms.

Athabasca, the largest of the four at 1,304 square feet, is home to three bedrooms, one bath, and a master bedroom with a walk-in closet.

Greenwater has space for a family, with three bedrooms, one bath and a large open kitchen with a walk-in pantry.

For the single person or couple who are thinking about starting a family, Blackstrap fits the bill. At 1,040 square feet, it features two bedrooms and one bath, with a practical main-floor laundry.

At 1,120 square feet, with three bedrooms and one bath, Cypress has everything you need if you are looking for high quality on a slightly smaller scale.

For more about this exciting project hosted by Wolferidge Rural Program, visit RedDoorVentureGroup.ca.

EXPLORE SASKATCHEWAN'S ECONOMIC POTENTIAL

Red Door Venture Group is built on Saskatchewan's bright future, according to Jaimey Midtdal, spokesperson for the Red Door Venture Group.

"The boom in immigration and increased job opportunities are really making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of."

The vast amount of undeveloped land scattered throughout Saskatchewan has left the real estate market wide open for the Red Door Venture Group to find new opportunities for buyers, he says.

"Red Door Venture Group is a real estate marketing firm that partners with real estate developers that are looking to make their mark in the booming province of Saskatchewan," Midtdal says.

"At Red Door Venture Group we have the tools and people needed to take care of the entire process, stress-free. We turn ideas into profit."

Red Door works with developers from land acquisition all the way through concept design and sales, producing turn-key developments for clients.

"Now is the perfect time to start investing in real estate here in Saskatchewan," Midtdal says. "And we want to go about that the right way — working with developers to ensure homes are built intelligently, and built to last.

ISTOCKPHOTO/THINKSTOCK

"We have an easy, all-service system available to our clients, tailoring each interaction to meet their needs."

Red Door provides customers with the most precise, concise, and consistent approach to business.

Confidentiality is an important core value to Red Door Venture Group and can be entrusted with your business.

For each transaction, from start to finish, Red Door Venture Group will become a member of the team to see your project through to fruition.

For more about Red Door Venture Group, or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.

SUMMER EVENTS

Regina residents have lots of local fun and free activities to look forward to this summer.

Downtown Regina will host a number of community events that will bring friends and families together, with something new taking place almost every day of the week.

Until Aug. 26, stretch out your lunch hour with YogaFlow in Victoria Park.

Every Tuesday is Exploration Day in the Park for Kids, featuring something new every week, including sports and crafts.

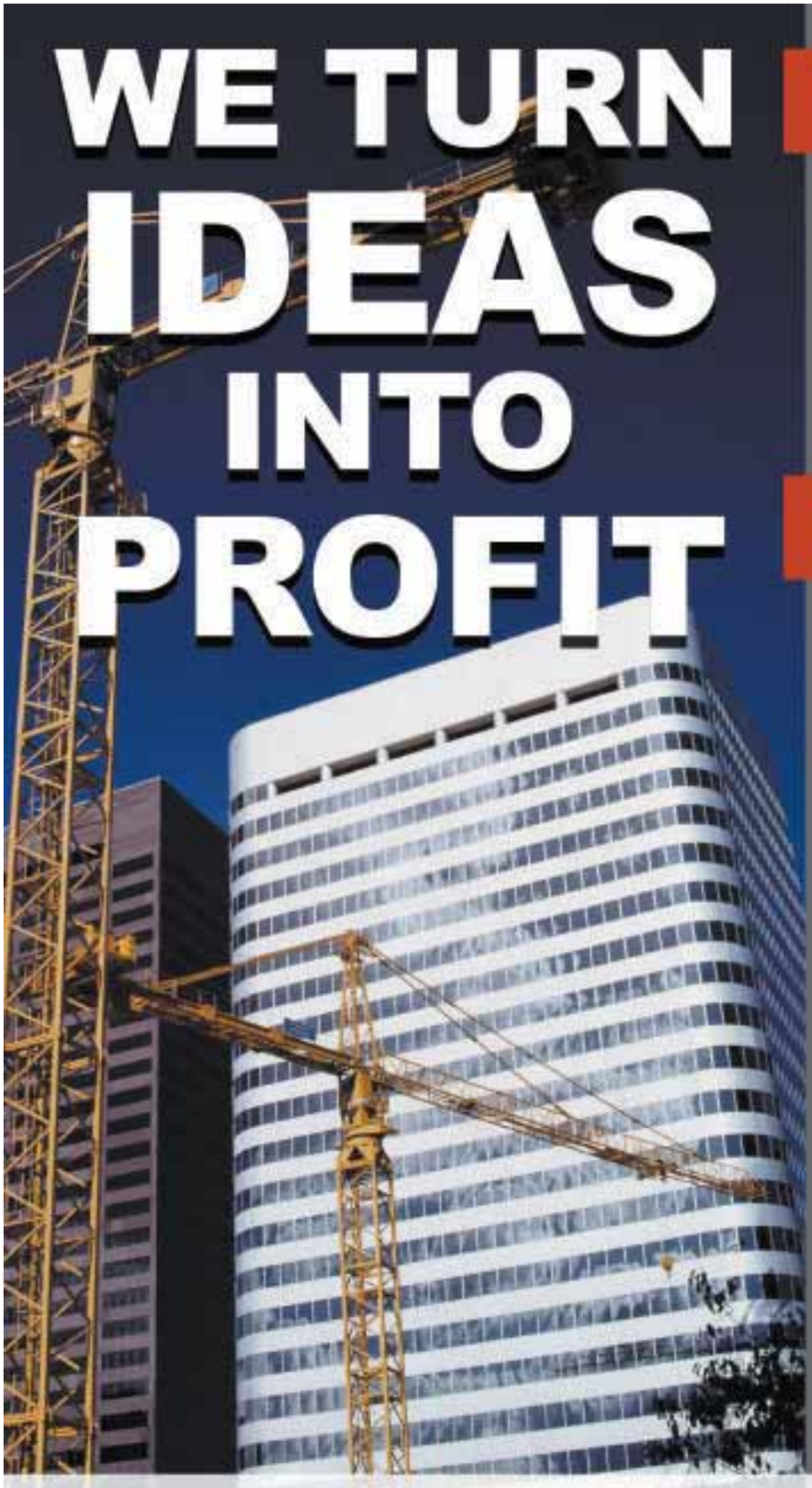
Cinema in the Park gathers citizens of all stripes to the park at night for a big screen adventure. The event is held every Wednesday at dusk in City Square Plaza.

"Regina is such a vibrant city," says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

"We strive to build a sense of community in every development project we're a part of. It's a key part of making your new house feel like home."

For a full list of the events taking place in downtown Regina this summer, visit reginadowntown.ca.

WE TURN IDEAS INTO PROFIT



WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan. Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients. Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

OUR VALUES

Excellence
We take the most precise, concise, consistent approach when getting things done.

Ethics
We treat people with respect and interest, tailoring our interactions with them.

Accountability At All Levels
We do what we say we are going to do.

Confidentiality
We are entrusted with information that becomes our business and we keep it our business.

Loyalty
We are loyal to our customers and each other.

Trustworthy
People experience us as genuine, authentic and real.

Collaboration
We continuously teach and learn from each other.

"The Best Boutique Marketing Group For Developers Within Saskatchewan"

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Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

McIlroy to Faldo: Keep the change

British Open. Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

Quoted

"You're going to go through highs and you're going to go through lows. It's just about trying to work your way out of the lows." Rory McIlroy, on his recent struggles.

McIlroy won his second major title last summer with a runaway win at the PGA Championship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo seemed to join that group when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intends to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

NHL

Concussions on rise despite rule change: Study

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

During the 2009-10 hockey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

The study was published online Wednesday in the journal PLOS ONE.

TORSTAR NEWS SERVICE

Doping

Canadian trainer denies supplying sprinters PEDs

The Canadian trainer for Asafa Powell and Sherone Simpson insists he didn't give the sprinters performance-enhancing drugs and says it's time for them to take "responsibility for their doping instead of looking around for a scapegoat."

Powell, the former 100-metre record holder, and Simpson, a three-time Olympic medallist, tested positive for the stimulant oxilofrine last month.

Their agent, Paul Doyle, contends something in the new supplements the sprinters were taking caused it and Toronto's Chris Xuereb "is the one that provided those."

THE ASSOCIATED PRESS

Austin in tough against high-flying Riders

Darian Durant is nursing a foot injury and is questionable for Sunday's game vs. the Ticats. THE CANADIAN PRESS

It's not a matchup that ensures a successful return for Kent Austin.

Austin leads the Hamilton Tiger-Cats into Mosaic Stadium on Sunday, his first visit to Regina since leading the Saskatchewan Roughriders to the 2007 Grey Cup.

Austin's squad will look to derail the CFL's lone unbeaten team. A league-best ground game, led by rushing leader Kory Sheets, has anchored an impressive start by the Riders (3-0).

Saskatchewan is averaging 173 yards rushing per game, with Sheets having run for 442 yards including a career-best 178 in last week's 39-28 road win over Toronto. Hamilton has struggled against the run, allowing 147.3 yards per game and an eye-popping 8.8 yards per attempt.

Opposing offences are scoring an average of 29.7 points per game against Hamilton (1-2) but Saskatchewan's unit is at a league-best 38-point clip.

It's unclear if Riders starting quarterback Darian Durant will play. He suffered a foot injury against Toronto and sophomore backup Drew Willy has practised this week with the starting offence.

If Willy plays, he should have the benefit of veteran slotback Geroy Simon, who is expected to make his Saskatchewan debut.

If there's a concern for the Riders, it's their pass defence. Saskatchewan is allowing a league-high 347 passing yards and faces the CFL's top passer in Hamilton's Henry Burris.

But the real key for Saskatchewan is its solid offensive line, which not only gives Sheets many running lanes but has allowed a league-low four sacks. Hamilton's defence is last in the CFL in rushing touchdowns allowed (six) and TDs (12).

Pick: Saskatchewan.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

♉ Taurus
April 21 - May 21
It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

♊ Gemini
May 22 - June 21
When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

♋ Cancer
June 22 - July 23
Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

♌ Leo
July 24 - Aug. 23
If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

♍ Virgo
Aug. 24 - Sept. 23
Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

♎ Libra
Sept. 24 - Oct. 23
You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

♏ Scorpio
Oct. 24 - Nov. 22
You need to exercise self-discipline when dealing with financial matters.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

♑ Capricorn
Dec. 22 - Jan. 20
Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

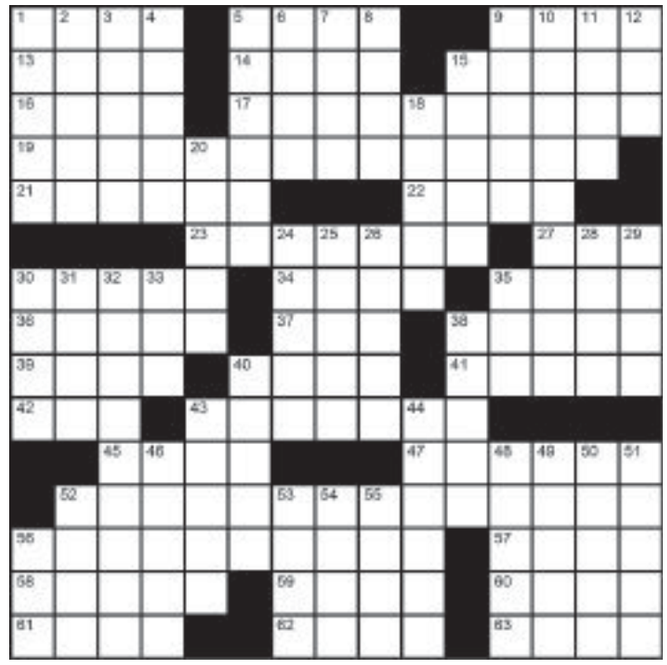
♓ Pisces
Feb. 20 - March 20
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



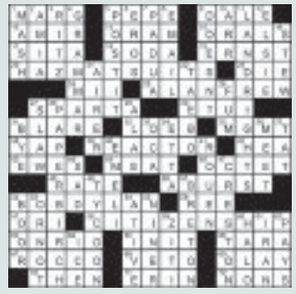
Across

1. __ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravellings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "__-__-Di..." (Beatles song title bit)
47. 'Birthplace of New Scotland' in Nova Scotia
52. McCain cake, __ '__
56. "The __ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, __
62. Clutter
63. Caustics

Down

1. Mr. Baron Cohen
2. Trojan War epic
3. "(I Can't __ __) Satisfaction" by The Rolling Stones
4. Austrian composer Joseph (b.1732 - d.1809)
5. Food-in-a-basket fun
6. Ancient Syria's biblical name
7. "Holy __!"
8. Crop
9. Does labour
10. Niagara Falls, The __ Capital of the World
11. Make _ __ stop (Be driving, do this)
12. US airport screening org.
15. Ms. Chanel's
18. Documents for filling out
20. Retort to "You are not!": 3 wds.
24. Bustling
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go __ length (Do whatever it takes): 2 wds.
50. Small quantity
51. __ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2	3		4	5		1
		9	2		1	6		
	7						9	
			1		9			
1								4
			7		8			
	3						4	
		4	5		6	1		
9		6	4		7	2		8

Wednesday's Sudoku

8	6	2	5	4	3	9	7	1
1	3	4	9	7	8	5	6	2
7	5	9	1	6	2	3	4	8
9	7	8	6	1	5	4	2	3
2	1	3	7	8	4	6	5	9
5	4	6	3	2	9	8	1	7
4	8	7	2	3	6	1	9	5
3	2	5	4	9	1	7	8	6
6	9	1	8	5	7	2	3	4

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